(b) (6)

USN SECNAV WASHINGTON DC (USA)

From: USN SECNAV WASHINGTON DC (USA)

Sent: Monday, June 24, 2019 9:17

To: USN SECNAV WASHINGTON DC (USA)

Subject: FW: Physical Fitness Assessment Notification for Cycle I, 2017 - SECNAV Secretariat -

Begins 17 April 2017

Attachments: Cycle I 2017 10 Week Notice.pdf; Guide 5- Physical Readiness Test 2016.pdf

Signed By: (b) (c)

----Original Message----

From: (b) (6)

Sent: Monday, February 13, 2017 1:19 PM

To: SECNAV_ALL_OFFICERS (b) (6) ; SECNAV Chiefs (b) (6)

SECNAV_ENLISTED (b) (6)

Subject: Physical Fitness Assessment Notification for Cycle I, 2017 - SECNAV Secretariat - Begins 17 April 2017

Good afternoon Ladies and Gentleman,

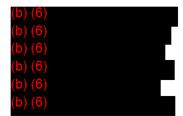
This email and attachments serve as the SECNAV Secretariat Physical Fitness Assessment Notification (10 Week) for Cycle I, 2017. Please take a moment to read the attached memorandum in its entirety to ensure you are aware of the schedule and due dates for PARFQ/Medical Waivers.

SSCM Video: https://www.dvidshub.net/video/445205/navy-abdominal-circumference-measurement-demonstration#.VthO1f72bxg

Below are a few other highlights for the cycle:

- 1. All PHAs need to be current within 1 year prior to completing your PFA. They must be completed by 21 April.
- **Recommend making an appointment early because it generally takes at least 1 month to complete a PHA in the Pentagon.**
- 2. All PARFQs (NAVPERS 6110/3; Rev. 6-2016) shall be completed and saved in PRIMS by 7 April.
- 3. All medical waivers (NAVMED 6110/4) need to be turned into CFL by 14 April to ensure they are signed by the CO prior to the start of the PFA.
- 4. All BCA and PRT events will take place in the Pentagon Athletic Center with the exception of the outdoor run.
- 5. Please review the PRT Guide #5 (attached) to review the updated scores and guidance on the test.
- 6. CFL responsible UICs: 47218, 48143, 31698, 31699, 31705, 30571, 43116, 47692, 31701, 31703, 42217, 42485, 66760, 47691, 48144, 34913 (b) (6)

If you have new personnel in your office, please forward this information to them and inform me, so I can add them to my email roster. Please contact myself or a member of the CFL team, if you have any questions or concerns.



V/R, (b) (6)

WHITE HOUSE/CONGRESSIONAL LIAISON OFFICE SECNAV ADMIN (b)
OFFICE OF THE SECRETARY OF THE NAVY COMM: (b) (6)